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HEALTH ISSUES FOR SMOKERS

Cigarette Smoking and Disease in Smokers: We agree with the overwhelming medical and scientific consensus that cigarette smoking causes lung cancer, heart disease, emphysema and other serious diseases in smokers. Smokers are far more likely to develop serious diseases, like lung cancer, than non-smokers. There is no "safe" cigarette. These are and have been the messages of public health authorities worldwide. Smokers and potential smokers should rely on these messages in making all smoking-related decisions.

Choose from the following for more detailed information from public health authorities on cigarette smoking and disease in smokers:

Highlights and conclusions from the following U.S. Surgeon General's reports:

- [1964, 1979, 1980, 1983, 1984, 1994, 2001](#)

For further information, click on the links below:

- [The 1998 U.S. Surgeon General's Report](#)
- [The World Health Organization](#)
- [The U.S. Centers for Disease Control](#)
- [The American Cancer Society](#)

Recent views of the U.S. Surgeon General regarding tobacco policy issues:

- [The 2000 U.S. Surgeon General's Report](#)

Cigarette Smoking and Addiction: We agree with the overwhelming medical and scientific consensus that cigarette smoking is addictive. It can be very difficult to quit smoking, but this should not deter smokers who want to quit from trying to do so.

- [Information about quitting smoking.](#) [INFO FROM LINK PASTED BELOW]

If You Want to Quit, Things to Know

One of the required cigarette warnings for packages and advertisements in the U.S. is "SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health." **To reduce the health risks of smoking, the best thing to do is to quit; public health authorities do not endorse either smoking fewer cigarettes or switching to lower-yield brands as a satisfactory way of reducing risk.** If you want more information:

- [Summary of "The Health Benefits of Smoking Cessation: A Report of the Surgeon General".](#)
- [Information about the effects of quitting from the National Cancer Institute.](#)
- [Information about health issues for smokers.](#)

Choose from the following for a discussion of the relative riskiness of lower-yield brands:

- [Analysis from the U.S. Department of Health](#)
- [Excerpts from the United Kingdom's Scientific Committee on Tobacco and](#)

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- An article by tobacco control advocates
- Information from the government of British Columbia (Canada) Ministry of Health

It can be difficult to quit smoking, and many smokers who try to quit do not succeed. Millions of smokers in the United States and around the world have succeeded, though - most without outside assistance. As stated on drkoop.com, "there's only one way to change your tobacco habit: You have to do it yourself, your way." If you want to see more information:

- Information relating to addiction and quitting from the U.S. Centers for Disease Control.

For those smokers who want to quit but are having difficulty, there are many programs and products marketed as being helpful, including group classes, hypnosis, nicotine replacement therapies and smoking deterrents. The U.S. Surgeon General has said that "[s]moking cessation researchers have long recognized smoking to be a complex behavior influenced by physiological, psychological, cognitive and social factors...In general, most cessation treatments yield 1-year quit rates (based on all original participants) between 10 and 40 percent..." If you want to quit and believe that outside assistance would be helpful, we encourage you to investigate the wide selection of options that are available, and see if there are any that seem right for you.

- Highlights of the 1989 Surgeon General's Report.

Below, we're providing for your convenience links to sources of information about quitting smoking:

- Visit quitnet.org.

[END OF LINK]

Additional information from public health authorities on cigarette smoking and addiction is available on this page. Here are a few examples:

- "The determination that cigarettes and other forms of tobacco are addicting is based on standard criteria used to define drugs as addicting." (*U.S. Surgeon General*)
- "The World Health Organization has classified smoking as an addiction." (*World Health Organization*)
- "...the nicotine in cigarettes and smokeless tobacco causes and sustains addiction." (*U.S. Food and Drug Administration*)

Choose from the following for more detailed information from public health authorities on cigarette smoking and addiction:

- Highlights and conclusions of the Surgeon General's 1988 report
- Excerpts from the U.S. Food and Drug Administration's findings relating to addiction
- Additional information from the World Health Organization

Our Support of Consistent Public Health Messages: We support a single, consistent public health message on the role played by cigarette smoking in the development of disease in smokers, and smoking and addiction. This includes our support of legislation that requires cigarette manufacturers to place health warnings on packages and in advertisements, and our belief that governments and public health officials should determine the text of the warning messages.

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